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MAN OF STEEL'S REPORTER WAGES ARE PRETTY WEAK COMPARED TO OTHER SUPERHERO SALARIES. MAYBE LOOK INTO PR, MR. KENT

PAGE 6

Have you signed the petition yet?

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Keep Water Public!

OH, HOW THE COLD WIND BLOWS

Jack and Judy Lyons, bundled up against the cold, try to cover up against the strong wind as well while walking in new, late-April snow along the shore of Wascana Lake on Tuesday. ROSS ROMANIUK/METRO

First Nations strategy a mess: AG

Infighting and bad planning have botched efforts to improve aboriginal health, the auditor general says

PAGE 3

Uncomfortably energetic?

Safety concerns prompt the U.S. Food and Drug Administration to investigate a new craze — caffeinated food, including potato chips and gum

PAGE 4

Doing the Danube

From the Black Forest to the Black Sea, a gentle meandering cruise along Europe's second-longest river offers a different view of the continent

PAGE 8

Private liquor stores coming to province

New options for consumers. SLGA will continue to dictate minimum prices for all liquor stores in Sask., minister says

ALYSSA MCDONALD
alyssa.mcdonald@metronews.ca

Full-line private liquor stores are coming to Saskatchewan, opening the province's doors to a new era of competitive pricing and a larger variety of wines, spirits and beers.

The four stores — two in Regina and two in Saskatoon — will be constructed and operated mostly by supermarket chains in newer or underserviced areas in the growing cities, and will be treated as private retailers by the Saskatchewan Liquor and Gaming Authority.

"These will be stand-alone stores. They will not be an add-on to the grocery store," Donna Harpauer, minister responsible for SLGA, said on Tuesday.

She added that the Crown agency will continue to dictate minimum prices for all liquor stores in the province.

The private outlets will be offered a 16 per cent discount on SLGA products, but will also be able to direct-source their merchandise.

Locations

All four stores will be approximately 10,000-square-foot, standalone operations.

In Regina:

- **Sobeys:** Located off Rochdale Boulevard, to be completed in summer 2014
- **Willow Park Wines & Spirits:** Converting fine-wine store into full-line store at south Albert Street location until new store in Harbour Landing is completed in spring 2014

"SLGA is our partner, but at the end of the day we have to have an offer in the marketplace that makes sense for customers to come and choose us," said Jeff Hodgson, director of merchandising for Sobeys, which will build and run two of the liquor stores — one in Regina and one in Saskatoon.

"We have access to everything we carry in Alberta, and Alberta has probably the largest database of products in the country."

Unlike SLGA's stores, the private ventures will be allowed to remain open from 8 a.m. to 10 p.m. if they want to.

Harpauer said SLGA will keep its 79 public liquor stores, though all other such operations in Saskatchewan will be private from this point forward.

NEWS

50 evacuated

Rising floodwater puts First Nation, 5 municipalities into a state of emergency

Five Saskatchewan municipalities and one First Nation are under states of emergency because of rising floodwater.

Emergencies have been declared in the towns of Maidstone and Radisson, the village of Borden, the rural municipalities of Great Bend and Elfros as well as the Poundmaker First Nation.

Elfros is in east-central Saskatchewan, while all the other communities are located northwest of Saskatoon.

Social Services said just over 50 people have been moved out of the Poundmaker First Nation and are being put up in hotels in surrounding communities.

The water is just beginning to flow in many areas, because the melt has been delayed by colder-than-normal temperatures and was topped up today by more snow.

Patrick Boyle with the Water Security Agency says snow is better than rain because rain brings faster, higher peaks.

The agency has said the entire southern half of Saskatchewan will see water run-off levels above or well above normal. Run-off is expected to be very high and flooding is likely to occur from Moose Jaw to Indian Head, including Regina, and south past Weyburn to near the U.S. border. Saskatoon, Prince Albert and North Battleford are in the red zone as well.

THE CANADIAN PRESS

Artist Larry Trask says the Reginarts show has allowed him to focus on painting. His work Mossy Falls is seen above on acrylic canvas. ALYSSA MCDONALD/METRO

Different styles come together at Reginarts

Artists unite. Sculpture, paintings, ceramics, glass and metal and artisan woodwork in one room

ALYSSA MCDONALD
alyssa.mcdonald@metronews.ca

A collective of artists has joined forces to create a downtown Regina show to exhibit their high-end items and bring together different mediums of art.

Larry Trask, a well-known sculptor, said Tuesday that many art shows are set up through guilds and feature only one type of art. The collective — called Reginarts — is featuring a variety of mediums in its show.

"Each of us are known to a small group for what we do," Trask said. "The idea is to try and attract a more diverse group of people to see a range of art forms."

The two-day show in the Verdi Ballroom at the Delta Hotel includes sculpture, artisan woodwork, paintings, ceramics, glass and metal work.

In addition to different styles, the event showcases variations of scale and technique.

"Each of the artists has sort of expanded a little on what people normally think of their work," said Trask, who has several paintings in the show.

Seven of the featured artists are from Regina, while one is from Saskatoon.

"We've known each other a long time and we have all been doing our art for a long time in Regina," said Janice Stefan, half of the Sisters' Glass duo.

Medium is the message

"The idea is to try and attract a more diverse group of people to see a range of art forms."
Sculptor Larry Trask

Event info

The show, which will continue on Wednesday from 11 a.m. to 8 p.m., includes a silent auction with proceeds going toward Regina Transition House.

- Reginarts is hoping to make the display an annual spring event.

Saskatchewan's budget books are misleading, incomplete: Auditor

Saskatchewan's auditor says the government is presenting a blurry picture of its finances, though the finance minister disagrees.

The province reports its finances on a general revenue fund basis and a summary basis.

Auditor Bonnie Lysyk notes the general revenue fund does not include Crown corporations and other agencies controlled by the government. Those are only included in the summary totals.

She said in a special report that people get confused when the province releases what she called two sets of books. Plus, the government can present what appears to be a balanced budget simply by shifting money around.

"My bottom line message to the government is just tell it like it is, the same way that other provinces in Canada communicate (their) fiscal situation to citizens."

The auditor said that if Saskatchewan had used Generally Accepted Accounting Principles, it would have presented deficit budgets in nine of the last 10 years. THE CANADIAN PRESS

$230 million. Children's Hospital design unveiled

The Children's Hospital of Saskatchewan is one step closer to becoming a reality in Saskatoon after its design was unveiled on Tuesday.

The $230-million hospital will be constructed at the University of Saskatchewan beginning early next year and will be completed in 2016.

METRO

The exterior design of the new Children's Hospital. SHR/CONTRIBUTED

Two men arrested

Five-year-old rape victim dies

A five-year-old girl has died two weeks after being raped in a brutal case that shocked India and the world.

The girl suffered cardiac arrest and died late Monday at a hospital in Nagpur city in Maharashtra state, said an official, Bharat Yadav.

Two men have been arrested in connection with the attack, he said.

THE ASSOCIATED PRESS

Airlines banned

Syria a no-fly zone, says Russia

Russia has banned its airlines from flying over Syria after a civilian plane was said to have come under an unspecified threat in Syrian airspace.

The ban was announced Tuesday by the state air transport agency, Rosaviatsiya — which said some airlines continue "to operate in the airspace of the country in which hostilities are using missiles."

THE ASSOCIATED PRESS

Anti-bullying cash

Rona Ambrose brought to tears

Tory minister Rona Ambrose was brought to tears Tuesday as she announced new government funding to help eradicate bullying among young people.

Her announcement came nearly four weeks after a bullied Nova Scotia girl, Rehtaeh Parsons, took her own life.

THE CANADIAN PRESS

Double killing

RCMP botched sting, lawyer says

A lawyer for a teen on trial for two murders says Mounties wasted time and money targeting the youth in a poorly planned sting.

Mona Duckett argued in court Tuesday that the confession the youth made to undercover officers — who he believed were part of a criminal gang — should not be used as evidence.

Barry Boenke, 68, and friend Susan Trudel, 50, were found shot to death east of Edmonton in 2009.

THE CANADIAN PRESS

Auditor accuses feds of First Nations fiasco

Indictment. Bid to improve lives of aboriginals wrecked by infighting, lack of planning: Ferguson

At a time when aboriginal communities are crying out for better treatment from the federal government, auditor-general Michael Ferguson says two key pillars meant to improve lives have gone awry because top federal officials and important departments can't get their act together. STEVE RUSSELL/TORSTAR NEWS SERVICE FILE

The federal auditor general says two of the government's key pillars meant to improve the lives of aboriginal peoples have gone awry.

The reason: Infighting, poor co-ordination and lack of planning.

Auditor general Michael Ferguson says attempts to deal with the fallout of the residential school system are a mess as the Truth and Reconciliation Commission bickers with the federal government over what historical documents need to be provided.

And he says Ottawa's plans to deal with rising rates of diabetes — especially on First Nations reserves — are showing no results.

Government programs aren't working together or checking the effectiveness of their projects, he says.

At stake is the mental and physical health of First Nations families across Canada at a time when aboriginal communities are crying out for better treatment from the federal government.

Time is running out for the Truth and Reconciliation Commission to fulfil its mandate of creating a historical record of residential schooling — known for its emotional, physical and sexual abuse of children.

It has until July 2014 to put together a complete record, but Ferguson says work has barely begun because government departments and the commission have not been able to agree.

"We are concerned that the lack of co-operation, delays and looming deadline stand in the way of creating the historical record of Indian residential schools," he said.

Elsewhere in his report, Ferguson chided the Canada Revenue Agency for not working hard enough to chase people who owe taxes.

He said Ottawa needs to do more to collect from people who cheat the employment insurance system.

And there has been no proper accounting for billions in security spending since the 9/11 attacks.

THE CANADIAN PRESS

Lost and found

$3.1B

Ferguson says he has been unable to track as much as $3.1 billion in funding set aside to combat terrorism. The paper trail tracked only $9.8 billion of the $12.9 billion that was spent between 2001 and 2009 on anti-terrorism programs. His report says the Conservative government must do a better job in reporting how taxpayer money is spent.

Mo' money, mo' problems

$300M

Ottawa is overpaying employment insurance by at least $300 million a year and fails to get millions of it back, the auditor general says. "Service Canada has an obligation to find and stop inappropriate claims," says Alyson Queen, a spokesperson for Human Resources Minister Diane Finley.

Oldie not goodie

Aged 50

Canada's search and rescue system is in distress and some elements are near the breaking point, Ferguson said. The cost of the air force's fleet of nearly 50-year-old C-115 Buffaloes and older model C-130 Hercules — rescue workhorses — has climbed to $20 million a year.

Memory lapse? Reporter says Cherry let her into Bruins' dressing room

Has Grapes changed? On Saturday he ranted against women in NHL dressing rooms. YOUTUBE/TORSTAR

Nearly 40 years ago, Robin Herman paved the way for female sports reporters when she became the first woman to enter an NHL dressing room.

And of all dressing rooms — it was the one coached by Don Cherry.

Yup, the same guy who caused a fuss on Hockey Night In Canada on Saturday when he said female reporters shouldn't be in an NHL dressing room.

In a "Dear Don" letter written by Herman to Cherry and published Tuesday by ESPNW.com, she reminded the controversial Coach's Corner star that he was her "hero" for letting her into the "Big Bad Bruins" dressing room "back in the day."

"Don't you remember — I guess you don't." said Herman, who was just 23 at the time.

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Gestational crates

Grocery stores sign on to improve pens for pregnant pigs

A group representing Canadian retailers says eight of Canada's largest supermarket chains have signed on with a push to eliminate factory-farming pens that restrict the movement of pregnant pigs.

The Retail Council of Canada says Walmart Canada, Costco Canada, Metro, Loblaw, Safeway Canada, Federated Co-operatives, Sobey's and Co-op Atlantic have all committed to sourcing their pork from farmers who don't use so-called gestational crates.

Animal-welfare groups have been pushing for the change, but it won't happen over night. The retail council says participating chains will make the transition over nine years. THE CANADIAN PRESS

Market Minute

DOLLAR
99.26¢
(+0.41¢)

TSX 12,456.50 (+143.83)

OIL $93.46 US (-$1.04)

GOLD $1,472.10 US (+$4.70)

Natural gas: $4.34 US (-5¢)
Dow Jones: 14,839.80 (+21.05)

FDA to look into foods with added caffeine

Marketing craze. Wave of jacked-up products, such as caffeinated gum, prompts safety concerns

Looking for a new way to get that jolt of caffeine energy? Food companies are betting snacks like potato chips, jelly beans and gum with a caffeinated kick could be just the answer.

The U.S. Food and Drug Administration is closely watching the marketing of these foods and wants to know more about their safety. The FDA said Monday it will look at the foods' effects on children in response to a caffeinated gum introduced this week by Wrigley. Alert Energy Caffeine Gum promises "the right energy, right now."

The agency is already investigating the safety of energy drinks and energy shots, prompted by consumer reports of illness and death.

Michael Taylor, FDA's deputy commissioner of foods, said Monday that the only time FDA explicitly approved the added use of caffeine in a food or drink was in the 1950s for colas. The current proliferation of caffeine added to foods is "beyond anything FDA envisioned," Taylor said.

"It is disturbing," Taylor said in an interview with The Associated Press. "We're concerned about whether they have been adequately evaluated."

Taylor said the agency will look at the potential impact these "new and easy sources" of caffeine will have on children's health and will take action if necessary. THE ASSOCIATED PRESS

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Hadfield phones home to unveil new $5 bill

Astronaut Chris Hadfield unveils the new $5 banknote while aboard the International Space Station on Tuesday. Hadfield made a cameo via satellite as outgoing Bank of Canada governor Mark Carney and Finance Minister Jim Flaherty introduced the latest in polymer currency. The $5 bill features images of the Canadarm, a generic astronaut and Dextre, the Canadian Space Agency's robotic handyman, while the $10 — also revealed Tuesday — has a picture of a train running through the Rockies. The new notes will go into circulation in November. SEAN KILPATRICK/THE CANADIAN PRESS

WHY LET REPORTERS IN AT ALL?

JUST SAYIN'

Paul Sullivan
metronews.ca

Q: What's a first world problem?
A: A first world problem is so trivial and ridiculous, it fails to resonate with people who have real problems, such as making it to the end of the day ... and then going to bed hungry.

Female reporters in male pro sport dressing rooms? First world problem. That it is generating any comment at all is testament to Don Cherry's remarkable ability to stoke controversy at an age when most people have already gone to bed.

You gotta hand it to Hockey Night in Canada's perpetual pundit. He rushes in where nobody else bothers to tread.

First, Duncan Keith of the Chicago Blackhawks is rude to a female reporter who needles him in his own dressing room in the wake of losing a fierce contest to the Vancouver Canucks. Then Cherry wades in and says women should not be allowed into male dressing rooms.

This is followed by everyone gleefully piling onto the old guy and getting politically correct points for being oh so progressive.

Cherry loves it because he's still got it at 79; the CBC loves it because the controversy draws viewers to its only remaining hit show and all the male sportscasters love it because, compared to Don Cherry, they're enlightened. That's not saying much: compared to Don Cherry, Klingons are enlightened.

Before I go any further, let me say unequivocally that if (and it's a big if) reporters are allowed into pro sports locker-rooms while the players are still dressing, all reporters regardless of gender should be admitted.

Indeed, if there are male reporters who feel the need to interview female sports stars in their underwear, it should be allowed, although those reporters should be willing to pass a background check and psychological exam prior to gaining entry.

But this first world controversy completely misses the point. The point is simple. Reporters don't belong in dressing rooms any more than curmudgeons or Klingons.

It's common human courtesy and should apply across the board, including young multi-millionaires who have just lost to the Vancouver Canucks.

Think about it. You're Duncan Keith. You've barely had a chance to shower and get over losing to an arch-rival and here's some reporter in your face daring you to admit you slashed Daniel Sedin and got away with it.

The gender of the reporter is hardly the point. The point is: Why is that reporter here in the first place?

Even if he does earn $8 million (!) a year, Duncan Keith doesn't make enough to be required to answer provocative, hostile questions in his own dressing room. How would you like it if a reporter turned up in your bathroom and started asking you about that slash on Daniel Sedin?

Exactly. It's a first world travesty. Even if it takes an overdressed geezer with the mind of a 12-year-old Klingon to point it out.

ZOOM

A rose on any other planet ...

NASA/JPL-CALTECH/SSI

Saturn shows off huge 'rose' vortex

NASA has named this red-petalled vortex The Rose, but behind its flowery façade is a massive hurricane-like storm at Saturn's north pole. This photograph, captured by NASA's Cassini spacecraft, was given "false colours" to highlight low clouds (in red) versus high. **MWN**

Scientist speaks

"We did a double take when we saw this vortex because it looks so much like a hurricane on Earth."

Andrew Ingersoll, a Cassini imaging team member at the California Institute of Technology in Pasadena

Sun lights up storm for NASA's camera

This image is among the first sunlit views of Saturn's north pole captured by Cassini. When the spacecraft arrived in the Saturnian system in 2004, it was northern winter and the north pole was in darkness. Saturn's north pole was last imaged under sunlight by NASA's Voyager 2 in 1981. **MWN**

By the numbers

419,000

Approximate distance in kilometres from Saturn from which the Cassini-Huygens spacecraft captured the photo. The image scale is 1.6 kilometres per pixel.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Now that PVR and piracy have pushed TV ads out of our lives, let's rub salt in the wound by using new technology to watch marketing relics. Because hairstyles, toys and horrible music trends come and go, but smouldering good looks are forever.

EVAN AMOS/WIKIMEDIA COMMONS

VintageTV Commercials:
Come for the Before They Were Famous section, stay for the fast food collection starring a creepy/creepier Ronald McDonald. (youtube.com/vintageTVcommercials)

80sCommercialVault:
The name says '80s, but nuts to that. It's all about the lovingly compiled '90s ad montages pushing lousy toys, high-concept soft drinks and Look Who's Talking sequels. If you're lucky, you'll catch a Dr. Mario spot that pretty much sums up the decade. (youtube.com/80scommercialvault)

Tweets

Canada got new cash Tuesday, but some people don't get Dextre, the $5 space robot. Focus groups deemed the handyman as too 'cartoonish' or childlike. Who would you rather see on the $5 note?

Terry Fox
@melisawith1s

George @strombo !
@FrenchmanCanada

Canada's sweetheart, Justin Bieber.
@EvanPetrie17

if you're gonna go "cartoonish", may as well go all the way...
@AdamOmadA

$5 bill childish? The current one show 6 kids... PLAYING !!!
@CleanbyConsuelo

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Superhero salaries

Wages. Who is making more at the day job? Iron Man or Batman? The Man of Steel or Spidey?

Inventor/genius	Freelance photographer	Physicist	Newspaper reporter	Genius/philanthropist	Norse God	Reactivated soldier
Tony stark, a.k.a. Iron Man	Peter Parker, a.k.a. Spider-Man	Bruce Banner, a.k.a. The Incredible Hulk	Clark Kent, a.k.a. Superman	Bruce Wayne, a.k.a. Batman	Thor	Steve Rogers, a.k.a. Captain America
$8.8 billion NET WORTH, SAYS FORBES MAGAZINE	$43,000/year INCLUDES RESALES OF HIS PHOTOS	$105,403/year AVERAGE PHYSICIST SALARY IN THE U.S.	$53,354/year TYPICAL SALARY OF A NEWSPAPER REPORTER	$6.5 billion NET WORTH, SAYS FORBES	Infinity	$64,339/year PLUS 65 YEARS OF BACK PAY ($2,185,560)

Ben Kingsley

Actor more gangster than Gandhi

IN FOCUS
Richard Crouse
scene@metronews.ca

For someone who became famous playing Gandhi, one of the 20th century's great pacifists, Ben Kingsley has certainly played his share of villains.

His latest character, The Mandarin in Iron Man 3, is one of the great comic book baddies. He's Iron Man's oldest foe, a scientific genius and an unbeatable martial artist, who draws his power from 10 finger rings he created using alien technology.

How bad is this guy? This bad: "Some people call me a terrorist. I consider myself a teacher," he says. "Lesson number one: Heroes — there is no such thing."

The filmmakers say Mandarin is partially based on Colonel Kurtz from Apocalypse Now and another character Kingsley made famous.

In Sexy Beast, Kingsley played Don Logan, a vile English gangster who intimidates an old colleague into coming out of retirement for one last job. How bad is this guy? This bad: He starts a brawl on an airplane because he was asked to stub out a cigarette.

"I do know that Shane Black, our writer-director, loved Sexy Beast," said Kingsley, "and was very influenced in his choice of me playing The Mandarin."

Logan isn't the only villain Kingsley has brought to life on the big screen, however.

In BloodRayne, the Oscar winner plays king of the vampires Kagan, a vicious character who must quell a rebellion led by his daughter. When asked why he would appear in a movie that ranked in Rotten Tomatoes' list of the 100 worst reviewed films of the 2000s, he said, "I have always wanted to play a vampire, with the teeth and the long black cape. Let's say that my motives were somewhat immature for doing it."

As The Hood in Thunderbirds, Kingsley uses his mental powers — telekinesis and hypnosis — to take over the International Rescue headquarters. He took the role in the big screen treatment of the 1960s British children's marionette show at the urging of his kids. "My son has a Thunderbirds alarm clock. That's how big a fan he is of the TV series."

Ben Kingsley in Iron Man 3. HANDOUT

He's also played villains in War Inc, Prince of Persia and Oliver Twist and says, "as an actor, I have to push the word 'villain' right to the back of my mind and bring forward their distorted sense of righteousness and destiny. Because I think classic villains like The Mandarin have to have a profound sense of right."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Demi Moore. ALL PHOTOS GETTY IMAGES

Rumer has it, Demi reconciling with Willis

Following months of apparent estrangement, Demi Moore and daughter Rumer Willis seem to be reconnecting, and all it took was some yoga.

The pair was spotted, along with a few friends, attending a yoga class in West Hollywood together this past weekend, according to Us Weekly.

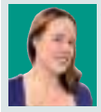
"They all did the class together, and after the 90 minutes they walked out as a group," a source says.

"Demi and Rumer seemed very close, like they had been in the past. There didn't seem to be any tension or hard feelings between them."

Things have reportedly been tense between Demi and her daughters — including Rumer's sisters, Scout and Tallulah — since her split from Ashton Kutcher in late 2011 and hospitalization and rehab stay in the early part of 2012.

The Word

Vergara denies it's going to be a Modern kind of Family



THE WORD
Dorothy Robinson
scene@metronews.ca

In June's Cosmopolitan, Sofia Vergara chats about plans for possibly starting a family with fiancé Nick Loeb.

Rumours have been swirling that the Modern Family actress and Loeb are hiring a surrogate.

But Vergara says that rumour stems from the fact she froze her eggs.

"I had to go to my doctor's office a hundred million times to do injections. The (rumour) probably came from that," the 40-year-old says. "My doctor had told me, 'We have a small window.' I said, 'That's so rude!' I already have a kid, so I never thought I would need to do that. But I will have to use a surrogate, because I had thyroid cancer and lots of radiation. I don't want to wait forever, but not yet, because I'm working like an animal."

Lindsay Lohan

Lohan has her Porsche impounded

Lindsay Lohan has apparently been trying to squeeze as much living in before she checks into rehab — so much so that she reportedly ended up getting her Porsche towed in New York Saturday night, according to E! News.

The troubled actress was all smiles when she hit the Brooklyn impound lot earlier this week to retrieve the vehicle, even posting a photo of herself with a lot employee to Instagram.

There was no word on exactly what she'd done to get her car towed in the first place.

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DOROTHY ROBINSON
Metro World News in New York

A quaint cruise down the Danube will allow you to see a whole new side of Europe. JEFFOWENPHOTOS/FLICKR

Ocean cruising has its perks. Tropical destinations, all-you-can-eat buffets, water slides, bowling, free booze — it's a $30 billion business meant to cater to every whim. But sometimes the excessiveness of ocean cruising can overwhelm. What if you want to experience the joys of travelling by sea without thousands of people crammed alongside you; without paying extra for excursions, or having to adhere to a rigid schedule while visiting increasingly homogenized ports of call?

Riverboat cruising plucks the aspects that make ocean cruising so attractive — the ability to hit multiple destinations without unpacking, the collegial atmosphere on board, an international, knowledgeable staff, a cosmopolitan experience — while being more refined and smaller than their big-white-boat counterparts. As the name implies, riverboat cruising uses smaller vessels that stick mainly to rivers, mostly in Europe but also in Asia and the South Pacific, the Mediterranean and Northern Africa, and even Antarctica.

"Most of our guests are seasoned world travellers for whom the destination is still the main attraction. For them, it's not about all-night buffets or skating rinks or other novelties you find aboard big cruise ships — it's about the discovery," says Kevin Wallace, COO of Vantage Deluxe World Travel, a premiere riverboat cruising company based in Boston. "You unpack once, then sail right into the heart of ports great and small, where sightseeing and intercultural activities are always included."

With riverboat cruising, you sacrifice water slides for accessibility and a more unique experience. Smaller boats mean you can slip into smaller ports of call — you usually just walk off the boat and into the centre of town.

But riverboat companies aren't dumb, nor are they stuffy.

They include the perks North Americans know and love: full-service cocktail lounges with live entertainment, Internet cafés, excursions, and, yes, even all-you-can-eat breakfast and lunch buffets (as well as a formal sit-down dinner every night).

Wallace is celebrating the launch of the company's latest addition to their fleet, River Splendor. The new ship, part of a $120 million investment by Vantage, has a busy year ahead: After its March christening in Antwerp, Belgium, it will spend the spring, summer and fall cruising the Rhine, Main and Danube rivers between Amsterdam and the Black Sea as the lead ship on Vantage's most popular package, the Majestic Rivers of Europe: Castles, Cathedrals and Fairytales (with stops in Vienna, Budapest and the Czech Republic), as well as the Gateway to the Black Sea trip that takes travellers from Budapest along the Danube all the way to the Black Sea resort of Constanta, Romania.

So, with these trips, instead of onboard bowling you'll just have to enjoy a home-hosted lunch with a family in Croatia instead. In lieu of a Broadway musical at night, you'll have to settle for an exclusive classical concert at the Kursalon in Vienna.

Sounds like a pretty good trade-off, no?

If you go...

- **Visit.** vantagetravel.com for prices and schedules

Classic Niçoise makes great appetizer or main with the addition of rotini

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

This is a fantastic main course for lunch or dinner.

The healthy omega 3 fatty acids come from the tuna and help to lower the bad cholesterol and triglycerides.

Be sure, however, to only buy tuna packed in water, not oil, to save the excess calories and fat.

Ingredients

- 12 oz rotini
- 6 oz green beans, cut in pieces
- 1 3/4 cups chopped tomatoes
- 3/4 cup diced cucumbers
- 3/4 cup diced sweet red or green peppers
- 1/2 cup sliced red onions
- 1 can (6.5 oz or 185 g) flaked tuna packed in water, drained
- 1/3 cup sliced olives
- 1/2 cup chopped fresh dill or 125 ml 1 tbsp (15 mL) dried
- 5 anchovies, minced

Dressing

- 1/3 cup olive oil
- 1/4 cup lemon juice
- 1/4 cup balsamic vinegar
- 2 tbsp water
- 2 tsp crushed garlic
- Cucumber shavings

1. Cook pasta in boiling water according to package instructions or until firm to the bite. Rinse with cold water. Drain and place in serving bowl.

2. Blanch green beans in boiling water just until still crisp, approximately 2 minutes. Drain, rinse with cold water and add to pasta. Add tomatoes, cucumbers, sweet peppers, onions, tuna, olives, dill and anchovies.

3. Make the dressing: In small bowl combine oil, lemon juice, vinegar, water and garlic. Pour over pasta, and toss. Garnish with cucumber shavings. (For cucumber garnish, use a vegetable peeler down the length of the cucumber to create thin shavings).

ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE INC) BY ROSE REISMAN

Nutritional Analysis

Per serving: 333 calories; 14 g protein; total fat 12 g; saturated fat 2 g; carbohydrates 45 g; 307 mg sodium; 4 mg cholesterol; 4 g fibre

Rotini Niçoise

This recipe serves eight as an app. It contains 333 calories and 12 grams of fat per serving. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE INC)

Drink of the Week

Eiffel Sour

- 1 oz Grey Goose Vodka
- 8 lime segments
- .25 oz simple syrup
- .25 oz St. Germain
- 1.5 oz Perrier sparkling water

In a cocktail shaker filled halfway with ice, combine Grey Goose Vodka, lime segments, simple syrup, and St. Germain. Shake well. Pour entire contents of the shaker into a tall glass. Top with Perrier and stir delicately.

RECIPE AND PHOTO COURTESY OF THE GREY GOOSE LOUNGE AT MUZIK IN TORONTO

Is your grill all ready for your culinary imagination?

Try planking today with this easy Tahini-Sesame Salmon. NEWS CANADA

One of the unique and delicious methods to grill food uses a wooden plank.

The smoke created from the plank sitting directly above a lit burner infuses the meat with a delicate smoky flavour.

Using a plank is simple:

- Soak it in water for at least an hour and pat it dry.
- Pre-heat your grill on high for 10 minutes.
- Coat both sides of the plank with olive oil then place the seasoned meat on it.
- Place the plank on the grill directly over the lit burner and reduce the heat to medium/low.
- Cook the meat to its desired doneness.

Grilling planks are specifically designed for the barbecue and there's a variety of flavours to choose. Cedar planks are ideal for salmon.

Tahini-Sesame Salmon

1. Coat salmon with a dusting of salt and black pepper.

2. Mix the tahini, honey and soy sauce. Add white wine as necessary if the mixture is too thick. It should be creamy, but still light enough to drizzle and baste.

3. Coat the fillets with the glaze and arrange them on the planks and place planks on the grill.

4. Close the lid and cook for 15 to 20 minutes. Salmon is cooked when it is opaque in colour and flakey to the touch of a fork. NEWS CANADA/BROILKING-BBQ.COM

Ingredients

- 1/4 cup tahini (sesame butter)
- 1/4 cup honey
- 1/4 cup soy sauce
- White wine (for consistency)
- 4 salmon fillets

Lunch. Egg Salad and Smoked Salmon Sandwich

1. In a medium bowl, whisk together the mayonnaise, mustard, smoked paprika and hot sauce. Stir in the cornichons and celery. Gently stir in the chopped hard-boiled eggs, then season with salt and pepper. Cover and refrigerate at least 30 minutes, or up to overnight.

2. When ready to serve, lightly toast the slices of sourdough bread. While the bread is still warm, spread a quarter of the egg salad over each slice, then top with a quarter of the smoked salmon. Serve immediately.

THE ASSOCIATED PRESS

Ingredients

- 1/2 cup mayonnaise
- 2 tbsp Dijon mustard
- 1/2 tsp smoked paprika
- 1/2 tsp hot sauce
- 1/2 cup finely chopped cornichons
- 1/2 cup finely chopped celery
- 8 hard-boiled eggs, cooled and roughly chopped
- Salt and ground black pepper
- 4 large slices sourdough bread
- 4-oz package thinly sliced smoked salmon

Twitter

@TalentEgg

#QuestionoftheDay: What was your favourite #summer job and why did you like it so much?

@enveng2001

best summer job was fisheries technician with the MNR. Boating, outdoors, fishing all summer really what could be better.

@lindenforest

Wildland firefighter in northern Alberta. Spent the summer flying around in helicopters, playing w/ fire! #favesummerjob

@durhamcareersvc

Fave #summer job - Manager at a live theatre. Had a staff of 75 volunteers and no budget. Learned a lot, saw great shows.

@piachin

my fave #summerjob was working for @JimWatsonOttawa. I learned how much he truly loved #ottcity & importance of getting involved

@MikeGloverYYC

Fave #summer job was Guest Services at the #CalgaryStampede - Met tons of great people, lots of laughs and made great friends

@akharlamova

My favourite summer job was working with the team at @HarlequinBooks Amazing people, and such exciting projects!

From collegiate to corporate

Transition. Here are a few tips on making the leap from student to working professional

ASHLEIGH TRAHAN
TalentEgg.ca

Summer is nearly upon us. And while some students are off to work at short-term summer jobs, graduates are facing the end of their academic careers and making the transition into full-time working professionals.

I know from experience that this transition isn't easy. While I was a Type A student in some respects, other behaviours made me less than mentally prepared for a 9 to 5 job. I kept odd hours, furiously writing essays until sunrise, and enjoyed drinking one too many pints on Tuesday nights.

In the interest of saving you some office-related troubles (not to mention a terrible Wednesday morning hangover), here's some advice on how to make the leap from co-ed to corporate life.

It can be tough to reconcile student ways with a rigid schedule. ISTOCK IMAGES

Recall the motivational milestones of student life

As a young professional, I've found I can harness the power of those by-gone academic milestones to grow in my personal and professional life.

- In spring when you'd usually be buckling down for exams, instead get serious about work or personal projects that may have fallen off your radar.
- In the fall, use that autumn motivation to learn new skills by signing up for continuing education courses, or picking up good habits that might have fallen by the wayside in the lazy days of summer.

Invest in an alarm clock

One of the first things you might notice is the never ending exhaustion that comes along with having to wake up at the exact same time, every single day. Not only do you have to wake up, but you are expected to be a productive member of society.

While I can't help you enjoy the early morning wake-up call, the trick to arriving to work on time is a good alarm clock, positioned further than your arm's length away from your bed. It is of critical importance to find the sweet spot where you can hear the alarm, but it's still far enough away from you that you can't hit snooze 15 times.

In all seriousness, it can be tough to reconcile your old student ways with a rigid schedule. If it all becomes too much, schedule time for yourself to enjoy the odd night of regression into student-like fun. "Grown-ups" can enjoy beer pong and pizza every once in a while too.

Remember, you're not being graded on this

In school, there is an intense fear of failure that drives you to achieve perfection (or at least a reasonable grade). Failing a class or test meant that you'd have to repeat your class.

But in the working world, you have to accept that perfection is the enemy of the good, and answers to complex business problems are not as cut and dry as a multiple-choice exam. In fact, failure is one of the best ways to learn. This is not a class where you'll be docked points for the wrong answer, so don't be afraid to pipe up with your ideas, even if you're not sure they'll be a hit.

Embrace uncertainty

When you're caught up in meetings, deadlines or emails, you may have a moment when you realize this is not the swishy, Don Draper-esque job that you envisioned for yourself. It's going to take time to develop your identity in the working world and in your new life as an adult.

Enjoy where you're at, even if your job isn't the life-changing work you imagined whilst reading Sartre in the gentle bosom of academia. Embrace this somewhat confusing period in life as a time for self-discovery. I assure you this will not be your last quarter-life existential crisis.

Making the leap

When the first September rolled around post-university, I have to tell you it was quite the shock. I realized the exciting feeling of that first day back to school, when you're tanned and wearing new school clothes, wasn't coming around again. Making the leap to the professional world can be rough. But when we're challenged to pick up new habits, we can grow by leaps and bounds.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

How volunteering can boost your career

As you transition into summer and start looking for work, don't underestimate the power of volunteering and how it can benefit your career.

In Give and Take, author Adam Grant explains how giving can boost your career. He says the most successful givers are those who rate high in concern for others but also in self-interest. Here are some reasons to give:

Work experience

Instead of applying for entry-level jobs that ask for experience you don't have, get it by volunteering — such as what I'm doing in communications at Students Offering Support.

Whether it's working with a new computer program, helping to develop a new website or using a second language, there are specific skills employers look for that you can develop by volunteering — not to mention soft skills such as team work, communication skills and adaptability.

Update your resumé

A sure-fire way to have relevant experience on your resumé is by volunteering in an area where you want to build your career. A survey by TimeBank through Reed Executive found that 73 per cent of employers would recruit a candidate with volunteering experience over one without.

Networking

Volunteering at an organization that does work you want to be involved in is a natural way of networking with the right people. You meet contacts who have contacts, and you never know who might be the contact to lead you to the job you've always wanted.

It could lead to a job

In Give and Take, Grant tells the story of George Meyer, one of the writers for The Simpsons, who many credit as being the creative genius of the show.

Before Meyer got his gig with The Simpsons, he self-published a comedy magazine just to have variety from his other job. It was a hit and made it on Rolling Stone's Hot List of the year's best in entertainment. His magazine got so many submissions that he had to turn some of them down.

The magazine ended up in the hands of The Simpsons' executive director just as the show was getting off the ground and he was looking to hire a writing team. He hired Meyer and some of the contributors to his magazine.

Improve your interviews

If you have recent and relevant career experience, you will feel more confident and have more to talk about in your job interviews. Plus, when you're volunteering with a non-profit organization, you're also working somewhere that actually makes a positive difference in the world, which can't hurt.

KATE MILLS/TALENTEGG.CA

NBA

ESPN 'regrets' comments made about gay athlete

ESPN says that it regrets the "distraction" caused by one of its reporters who described Jason Collins as a sinner after the NBA centre publicly revealed that he was gay.

Chris Broussard, who covers the NBA for ESPN, had said on the air that Collins and others in the NBA who engage in premarital sex or adultery were "walking in open rebellion to God, and to Jesus Christ." Broussard, a former reporter for The New York Times, spoke during ESPN's Outside the Lines program Monday discussing Collins' announcement.

In an article in Sports Illustrated, Collins became the first male athlete active in one of the country's four major sports to come out as gay. THE ASSOCIATED PRESS

MLB

Sweet homer ends marathon game

An exhausted Brandon Moss threw a pie in his own face after hitting the home run that ended the major league's longest game this season.

Moss hit his second home run of the night with two outs in the 19th inning early Tuesday, giving the Oakland Athletics a 10-8 victory over the Los Angeles Angels.

The teams were on the field for six hours, 32 minutes in a game that ended at 1:41 a.m. PDT. By time, it was the longest game in Oakland — and the longest in Angels history.

THE ASSOCIATED PRESS

NFL

Free agent Tebow in search of deal

Tim Tebow has cleared waivers a day after being let go by the New York Jets, making the quarterback a free agent who's allowed to sign with any NFL team.

Tebow was waived Monday after an unproductive season with the Jets, leaving his NFL future uncertain.

It's uncertain if any NFL team will give Tebow an opportunity for next season, but two indoor league teams have offered him a job. THE ASSOCIATED PRESS

Phil Kessel and Regina native Tyler Bozak share a laugh at practice in Toronto on Tuesday afternoon. The Maple Leafs travel to Boston to face the Bruins in the opening round of the NHL playoffs Wednesday night. LUCAS OLENIUK/TORSTAR NEWS SERVICE

Bozak won't watch history from sidelines

Leafs vs. Bruins. Linemate Phil Kessel happy to have faceoff pro back in business

Regina native Tyler Bozak isn't interested in watching the Toronto Maple Leafs' first playoff game in nine years from the press box.

The Leafs' No. 1 centre went through a full practice Tuesday and expects to play Wednesday when they visit the Boston Bruins to open their best-of-seven Eastern Conference first-round series.

Bozak missed Toronto's final two regular-season games with an upper-body injury. He skated briefly Monday but left practice early.

Bozak said Tuesday he felt good and desperately wants to be on the ice for the series opener.

"It's really important," he said. "We've come a long way as a team the last couple of years and especially this year.

"We've played pretty good hockey together as a group and it would be tough to sit back and watch the most important time of the year."

Bozak skated Tuesday with regular linemates Phil Kessel and James van Riemsdyk and certainly didn't look out of place. Kessel, who spoke with reporters twice Tuesday after declining to do so Monday, was glad to have his centre back.

"Bozie has been a big part of our team this year," Kessel said.

Having the six-foot-one, 195-pound Bozak in the lineup is a huge boost for Toronto. The 27-year-old Regina native had 12 goals and 16 assists in 46 regular-season games, but was also the club's top faceoff man.

"Bozie is a real smart hockey player. He knows where to be on the ice, the puck kind of follows him around and his game is one where he does a lot of the little things," said Toronto head coach Randy Carlyle. THE CANADIAN PRESS

Hole in the centre

"When you have a player that takes all the important faceoffs for you, that's the first place you miss him."

Toronto head coach Randy Carlyle on the palpable absence of Leafs centre Tyler Bozak, who missed the last two games of the season with an upper-body injury.

Sens vs. Canadiens. Anderson primed to prove himself

The Ottawa Senators' hopes of defeating the Montreal Canadiens in the first round of the NHL playoffs rest largely on the play of Craig Anderson.

The Senators goaltender was instrumental in getting Ottawa to the post-season. The Sens ranked 27th in the 30-team league in offence, but were second only to Chicago in allowing just 2.08 goals per game.

However, Anderson has yet to win a playoff round in his career. He was impressive in last year's quarter-final series against the New York Rangers, which the Senators lost in Game 7, but he realizes that until he wins a playoff series many will question his ability to win when it counts.

"There's only one team that can move on in each round and so much is determined by how the team plays," Anderson said. "We're at the mercy of our teammates and the better our teammates play the better chances for a goalie to have success and to move on."

THE CANADIAN PRESS

Craig Anderson practices in Ottawa on Tuesday. THE CANADIAN PRESS

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DRIVE

Spring into life this season and bid old man winter adieu

Autopilot. Clean out the car, run over the ice scraper, show your support for the Leafs and prepare for the sunshine months

AUTO PILOT
Mike Goetz
drive@metronews.ca

Feels like spring is finally here.

I realize it may not be spring everywhere, and especially in Southern Manitoba, where they're expecting another snow storm this week, and this just after the week the Winnipeg Jets were officially eliminated from the Stanley Cup Playoffs, but I can only commiserate so much with others. I got to get on with my own life.

Last Saturday was beautiful and warm. I had some errands to run with our Honda Fit. But before I did that I took off the winter tires and replaced them with the summers. Then I was off on my errands, which I could do with the window down and the radio up, something I haven't done since September. It felt pretty good.

It felt so good in fact that I thought of all the other things I should do, automotive wise, now that spring has sprung. Here's my list…

• Take ice scraper out of the car. Lay it on the road. Run over it.

• Replace windshield wiper fluid with summer margarita formula.

• Wash the vehicle with lots of suds, and wearing only leopard print speedo.

• Install new bumper sticker, something like, "Reality is the Only Obstacle to Happiness" or "I Used to Have a Handle on Life, But it Broke" or "Look Busy, Jesus is Coming."

• Make sure horn is working properly and install Toronto Maple Leaf flag on the side glass, to participate fully in mass celebratory parade when Leafs win their first play-off game.

• Rent industrial vacuum used in the mining industry to suck french fries out from their bunker positions deep under the rear seats.

• Make a new CD compilation of driving tunes. On second thought, commandeer our teenagers to do this — they're so much more fluent with the digital formats.

Get out there and enjoy the spring weather while you tackle your own seasonal list. ISTOCK

• Re-visit favourite pot holes before they get covered over and are lost forever. Maybe take pictures and create a collage.

I hope you have your own automotive spring to-do list. It's the most hopeful time of year and a chance for renewal, for both you and your vehicle. Please don't waste the opportunity.

Evantra debuts to dropping jaws

Mazzanti wows Monaco. Orders for the exotic V8 now being taken but bring lots of cash and patience

Italian supercar fans now have one more model to lust over.

Italian coach builder Mazzanti has formally introduced the Evantra V8 at the 2013 Top Marques Monaco show, having released CAD renderings of the supercar at the end of last year.

Jaws dropped as the vehicle was revealed and it's no surprise as only five individually personalized units will be handmade in Italy each year, with the bespoke supercar powered by a Corvette-sourced V8 engine capable of blasting out 701hp.

The naturally aspirated engine can propel the Evantra from 0-62 mph in just 3.2 seconds, and thanks to a super strong carbon fibre body, total weight for the Mazzanti Evantra is a paltry 2,866 pounds.

Power from the mid-mounted Corvette engine — which boasts titanium valves and connecting rods — is sent to the rear wheels via a paddle-shifted six-speed sequential transmission.

F1 and Le Mans consultant Ysim helped to fine-tune the car's design for optimal aerodynamic efficiency, while highlights of the chassis include 20-inch OZ alloys, Brembo brakes (with optional carbon-ceramics), and electronic adjustment of the engine and transmission ranging from Strada to Corsa.

There are also two body choices: Pro-Body is made of carbon-fibre composite, and the One-Body is made of aluminum, which can be personalized to customer's exact specifications resulting in a one-off finish.

The interior is swathed in leather prepared with a special aniline treatment, and can be customized with a range of options including exotic leather and precious materials.

The centre console sports data acquisition system from AIM and a Bosch audio-navigation system, while the Tricolore engine start button can be found on the headliner and the Nardi steering wheel contains a small display indicating the current gear.

The Mazzanti Evantra V8. HANDOUT

Each Evantra takes months to complete and will doubtless come with a seven-figure price tag. WHEELS.CA

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JUSTIN PRITCHARD
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The Lincoln MKS's job was to bring Ford's presence into the luxury car scene, challenging luxury and entry-luxury models like the Volkswagen Passat, Chrysler 300, Acura TL, BMW 5-Series and Audi A6.

Big, handsome and generously proportioned, the MKS packed plenty of space for a four or five-person road trip. Technology abounded — and features like voice-command, navigation, full Bluetooth connectivity and an advanced parking system were all available. Climate controlled leather memory seats, a THX audio system and multi-zone climate control added to its promise of affordable high-class luxury.

Common Issues

Once you've confirmed proper operation of all interior electronics, pay special attention to the audio system. Ensure the THX unit plays back music from all sources clearly — and without popping or hissing. If that's not the case, a Technical Service Bulletin may help solve the issue. Cycle the climate control system through its various settings as well, noting any unusual clicking or popping noises and checking for proper operation. A "door blend actuator," which opens and closes flaps within the climate control system, could cause these problems if it goes bad. Ensure the transmission shifts smoothly and eagerly up and down through the gears. Hard shifting, a feeling of being "stuck" in a certain gear, or a "clunking" sensation could indicate a problem with the transmission or its control module. On models with all wheel drive (AWD), have a part called the Power Take Off (PTU) unit checked for signs of leakage by a Ford or Lincoln mechanic.

PHOTO: HANDOUT

Engine

Look for V6 power all around — namely from a naturally-aspirated 3.7 litre unit with 273 horsepower, or a twin-turbocharged "EcoBoost" 3.5 litre V6 with 355. All models got an automatic transmission. Front-drive was standard and AWD was available, though standard on

What owners like

Power output, space, comfort and interior quality were all highly rated by MKS owners. A commanding driving position is also favoured. Overall, this appears to be a car loved for delivering affordable access to the motoring high-life.

What owners dislike

Some owners wanted better mileage and a firmer, sportier ride.

Verdict

In the used market, MKS will be tough to beat where overall size, performance, comfort and feature content is concerned. A non-turbocharged, front-drive model will be the cheapest to insure, fuel and maintain.

Your vehicle needs some spring cleaning too

Windscreen and tires.
Ensure your vision is clear, check your tire threads and change your car's shoes in time for summer

Spring cleaning is on most people's minds as the weather heats up. When making a spring cleaning checklist, don't forget to include your vehicle.

Properly maintaining your vehicle is essential to increasing its average life expectancy.

To help keep it running on all cylinders, follow this simple checklist to make sure you stay off the side of the road:

Check your vision
About 90 per cent of all driving decisions are made based upon vision. Consider your options when maintaining your wiper blades. You may be able to clean them with rubbing alcohol; replace them if they are cracked, torn, cut or streaking.

Check your owner's manual for specifics
Different cars have different sizes.

Check the wear pattern of your tires
If you notice certain parts are becoming more worn than others, take a look at some of the possible causes: Wear on inside and outside edges means under-inflation, wear in centre means over-inflation. Cups or dips in the tread means worn suspension parts. Sawtooth edges means misalignment.

Change your car's shoes
Now is the time to change tires from winter to summer or all-season, if you haven't already. And for those in need of new tires for their vehicle, each tire in the Goodyear Assurance family meets the needs of drivers by offering confident all-season traction plus a relevant benefit that enhances the driving experience. This product lineup includes Assurance ComforTred Touring with refined handling and comfort, Assurance TripleTred All-Season with ultra-traction, and Assurance Fuel Max with fuel efficiency.

NEWS CANADA

Some insight

90%

90 per cent of all driving decisions are made based upon vision. Consider your options when maintaining your wiper blades. You may be able to clean them with rubbing alcohol; replace them if they are cracked, torn, cut or streaking.

Horoscopes

♈ Aries
March 21 - April 20
You don't have to feel sorry for someone if you think they don't deserve it. Be true to yourself and be honest about your feelings. There are many injustices in the world but few if any of them are your fault.

♉ Taurus
April 21 - May 21
Mars in your birth sign endows you with self-confidence but with Saturn also in the picture, be cautious. Whatever you choose to do, it will have repercussions.

♊ Gemini
May 22 - June 21
It may seem to other people that you are easily manipulated but it isn't the truth — and it gives you an advantage. Let your rivals think you are weak then, when they are least expecting it, you can hit back.

♋ Cancer
June 22 - July 23
Decide what it is you want to do, then look for ways to pay for it. If you are thinking about changing what you do for a living, put job satisfaction at the top of your list.

♌ Leo
July 24 - Aug. 23
You may feel you got less than you deserve from some kind of service but don't make a fuss about it. You will soon get a chance to improve your status. You are in fact in quite a strong bargaining position.

♍ Virgo
Aug. 24 - Sept. 23
You won't lack for enthusiasm today but what about common sense? Virgos like to think things through carefully but Mars may encourage you to take risks. In a word: don't.

♎ Libra
Sept. 24 - Oct. 23
If there is something you want, you will find a way to get it no matter what obstacles are in your path. Once you possess it, you may find it isn't that great after all but it's the challenge that excites you.

♏ Scorpio
Oct. 24 - Nov. 22
Don't bother trying to explain your actions to people because they won't understand. Just do what you have to do and ignore whatever criticism may come your way. What do you care what other people think?

♐ Sagittarius
Nov. 23 - Dec. 21
You may be laid back but some people can be fussy and no doubt certain individuals will have a good moan today. Find ways to blot them out of your consciousness.

♑ Capricorn
Dec. 22 - Jan. 20
It all seems to be coming together now. What could go wrong? Quite a lot actually. With Mars opposing your ruler Saturn today, you need to keep your wits about you. Who do you trust? Only yourself.

♒ Aquarius
Jan. 21 - Feb. 19
Be honest about your feelings today and make sure everyone else is honest about theirs too. Some of things you hear won't be pretty but it will be better if everything is out in the open.

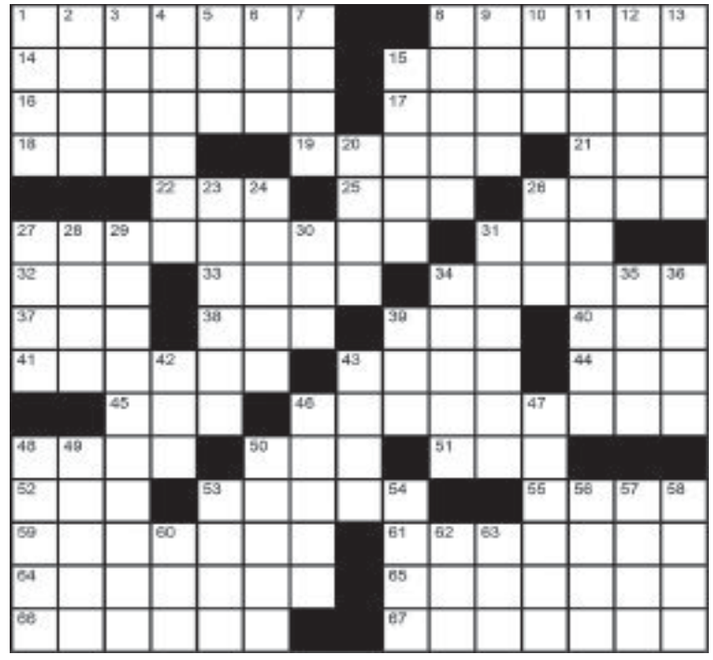
♓ Pisces
Feb. 20 - March 20
If you must get involved in a dispute, make sure you keep your head. The planets are stirring things up a bit and there will be disagreements.

SALLY ROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



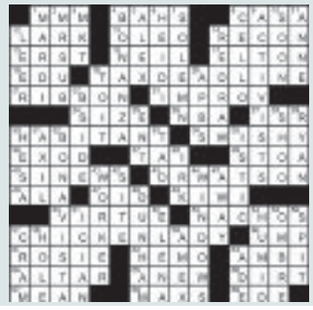
Across

1. Hot trend in skincare, _ _ __
8. The Wealthy __ (Bestseller by David Chilton of CBC's "Dragons' Den")
14. Musician Ms. McKennitt, born in Morden, MB
15. French actress, Catherine __
16. "You've Got to Pick _ __ or Two": Song from Oliver!
17. Jennifer of "Friends"
18. Filled food
19. Potatoes, in slang
21. Boxing bout ender, commonly
22. Gov. gigs
25. Li'l reply
26. Charges
27. 17th-century Dutch painter
31. Poetic contraction
32. Eggs, science-style
33. Victory shouts in Spain
34. Anti-virus software brand
37. Myrna of movies
38. Haunted house haze
39. Ex of Britney's, K-__
40. Alias indicator
41. Kept as is: 2 wds.
43. Knit stitch
44. Gravestone engraving
45. Movie studio area
46. Royal Canadian Navy warships in WWII
48. Songstress Sheryl
50. Harry's pal at Hogwarts
51. Paul Anka song: "__ Beso (That Kiss!)"
52. W5 extra
53. Pops in the post
55. Present
59. Do surgery
61. Mysteries
64. Venus neighbour
65. Netflix thriller, "__ Grove"
66. Type of dessert
67. Atones

Down

1. Meadow cry
2. Gene Vincent's "Be-__-_-Lula"
3. Colourfully comfy shoe
4. De-tangle one's hair again
5. "Spider!!"
6. 'Germ' add-on (Relevant)
7. At-the-door rugs
8. Gives in
9. Cuckoos
10. __ judicata (Settled court matter)
11. Canuck pastry: 2 wds.
12. Call forth
13. Jobs for Mike Holmes
15. Intimidate
20. Office supplies
23. Earning
24. Beauty parlor
26. __-de-lance (Type of snake)
27. Bread basket item
28. "Hurray!" in ancient Greece
29. April showers bring them: 2 wds.
30. Positive opposite [abbr.]
31. Bunches and bunches
34. Audacity
35. "__ from Muskogee" by Merle Haggard
36. Short snoozes
39. Item traded in Canadian history
42. Haul
43. "On Golden __"
46. Canadian rock band, __ Hatch
47. Sort of switch
48. Eat loudly
49. Boxing technique, __-_-dope
50. Attempt again
53. 'Dino' suffix
54. "__ gut!" (Very good, in German)
56. Bruce Springsteen's "__ Fire": 2 wds.
57. Bit of truth
58. "How naughty!" [pl.]
60. Something the cashier gives you, for short
62. Maiden name indicator
63. Tip to 'act' (Influence)

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

8	5	2	7	6	9	4	1	3
3	6	9	1	8	4	2	5	7
4	1	7	3	2	5	9	6	8
5	8	4	9	7	3	6	2	1
6	7	3	2	5	1	8	4	9
2	9	1	8	4	6	7	3	5
7	4	6	5	3	8	1	9	2
1	3	8	4	9	2	5	7	6
9	2	5	6	1	7	3	8	4

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